

Quarterly Webinars through ComPsych® GuidanceResources®



June

Stress: A Way of Life or a Fact of Life

- **Date:** June 7, 2022 from 1:00pm - 2:00pm
- **Description:** All aspects of work and life require stress - everyone experiences it. Experiencing stress is not all bad, but how we perceive stress is what's important. Stress is our body's normal response to any extra physical, mental or emotional demand we place on it. This webinar will help you understand more about stress, identify your stressors and learn ways to cope with and manage high stress levels.



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